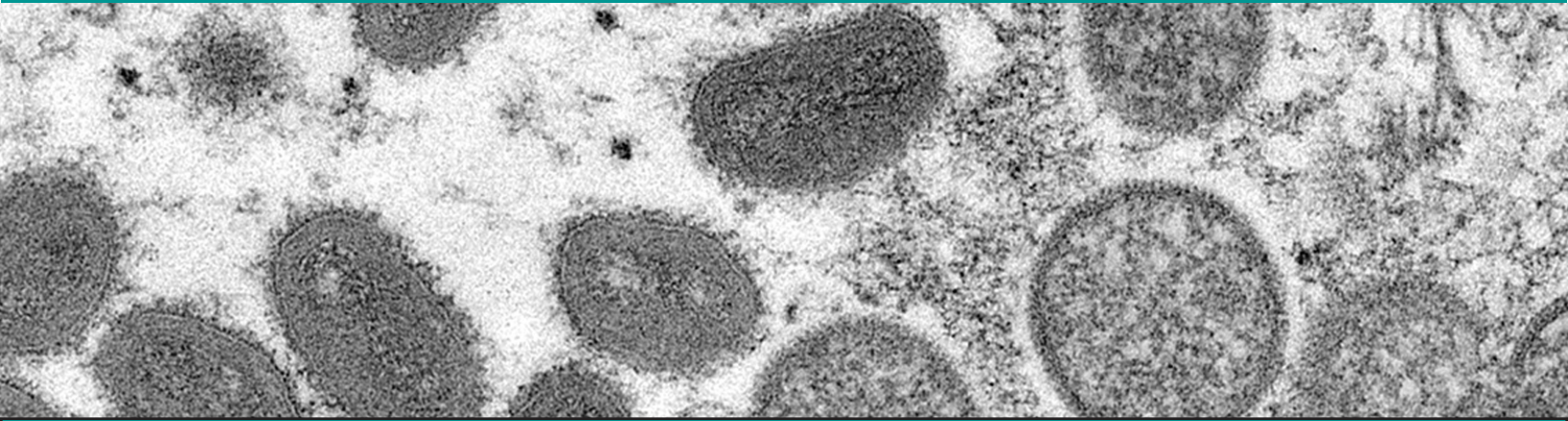




Navajo Department of Health Monkeypox Fact Sheet



- Monkeypox can be acquired by all people, regardless of gender, identify, or sexual orientation
- A Public Health Concern
- Monkeypox is NOT an STD/STI

Signs and Symptoms of Monkeypox Disease

- It may take 5 to 21 days to develop symptoms after exposure
- Symptoms:
 - o Early set of symptoms:
 - Fever
 - Malaise or general feeling of illness
 - fatigue, tired, exhausted feeling
 - Headache
 - Sometimes sore throat and cough
 - Lymphadenopathy – enlarged/swollen lymph glands/nodes
 - o Rash may appear anywhere on the body: the face, inside the mouth, and other parts of the body, e.g. hands, feet, chest, genitals, or anus is a later symptom and the person is most contagious at this stage through the scab stage; Usually painful; Rash may develop in stages.

Risk Factors – persons or activities with increased risk of infection

- Recent exposure to a known case
- Anyone can get monkeypox with prolonged respiratory contact

How it spreads

- Direct skin-to-skin contact with infectious rash, scabs, or body fluids
- Respiratory secretions during prolonged face-to-face contact, or during intimate physical contact, such as kissing, hugging, massage, cuddling, or having oral, anal and vaginal sex, or touching the genitals (penis, testicles, labia and vagina), or anus of a person with monkeypox.
- Touching or Shared items, such as clothing or linens, that previously touched the infectious rash or body fluids
- Pregnant people can spread the virus to their fetus through the placenta
- Monkeypox can spread from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically last 2-4 weeks



Navajo Department of Health

Monkeypox Fact Sheet

- People who do not have monkeypox symptoms cannot spread the virus to others.
- Animal Scratches, bites, or consumption (only where monkey pox is in the animal population)
- At this time, it is not known if monkeypox can spread through semen or vaginal fluids

Vaccinations

- Vaccinations are only recommended for people with close personal contacts of someone with monkeypox;
- People who may have been exposed to monkeypox, such as:
 - People who are aware that of close or intimate contact with someone in the past 2 weeks has been diagnosed with monkeypox
 - People who had close or intimate contact with multiple people in the past 2 weeks in an area with known monkeypox
 - Have an occupational exposure (laboratory, healthcare workers- check with employer)
- Contact your primary care physician for further vaccine recommendations.

Prevention

- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.
 - Do not touch the rash or scabs of a person with monkeypox.
 - Do not kiss, hug, cuddle, have sex or share sex toys with someone with monkeypox.
 - Avoid sharing bathrooms with a person with monkeypox. Avoid sharing eating utensils, or cups.
 - Do not handle or touch objects, such as bedding, towels, or clothing of a person with monkeypox. Do not share towels or bedding used in ceremonies and sweat lodges.
- Use an alcohol-based hand sanitizer or soap and water, if there is no hand sanitizer available.
- Avoid using portable fans, vacuuming, sweeping, dusting or any other dry cleaning methods.
- Recommended wet cleaning methods are disinfectant wipes, sprays, mopping, and steam cleaning. Use disinfectants according to the manufacturer's instructions for disinfecting surfaces

If you are sick with monkeypox or suspect you have monkey pox:

- Isolate at home
- If you have an active rash or other symptoms described above, stay in a separate room or area away from people or pets you live with, when possible.
- Transportation outside of the isolation room should be limited, and if required, the patient should wear a well-fitting surgical mask and have all lesions covered
- Contact your primary care physician for testing, care and additional isolation information.



Navajo Department of Health

Monkeypox Fact Sheet

Treatment

- Contact your primary care physician for care.
- There are no specific treatments for the monkeypox virus
- Monkeypox and smallpox viruses are genetically similar, which means that antiviral drugs and vaccines developed to protect against smallpox may be used to prevent and treat monkeypox virus infections.
- Antivirals, such as tecovirimat (TPOXX) may be prescribed for patients with high risk for severe illness.

Disinfection

During the infectious period of time, body fluids, respiratory secretions, and lesion material from people with monkeypox can contaminate the environment. Poxviruses can survive in dark, cool, and low humidity environments.

- Follow manufacturer's instructions. Check "use sites" and "surface types" to make sure this is the right product for your surface
- **Pre-clean the surface:** wash with soap and water if the surface is visibly dirty. Dirt can keep the disinfectant from working.
- **Follow the contact time:** The surface should remain wet for the amount of time indicated to ensure the product is effective. Reapply if necessary.

During isolation at home, people with monkeypox should clean and disinfect the spaces they occupy regularly to limit household contamination.

- Isolation Alone in Home
 - o regularly clean and disinfect the space they occupy, including commonly touched surfaces and items
 - o Afterwards, use hand hygiene using an alcohol-based hand rub that contains at least 60% alcohol, or soap and water.
- Isolating With Others in Home
 - o Follow isolation and infection control guidance
 - o Any shared spaces, appliances, or items should be disinfected immediately following use

Recovery after isolation period should conduct a thorough disinfection of all the spaces within the home that they had been in contact with.

- If cleaning and disinfecting is done by someone other than the person with monkeypox, that person should wear a well-fitted mask or respiratory and disposable gloves
- Standard clothing that fully covers the skin should be worn, and immediately laundered, do not shake as this could spread infectious particles
- Practice hand hygiene with hand sanitizer, or soap and water
- Disinfect items and surfaces that were in direct contact with the skin of the person with monkeypox, or items that were often in the presence of the person with monkeypox during isolation. If unsure, disinfect.
- Vacuuming is acceptable using a vacuum with a high-efficiency air filter. If not available, ensure a well-fitting mask or respirator is worn by the person vacuuming.



Navajo Department of Health

Monkeypox Fact Sheet

Clean and disinfect household in the following order:

- General waste containment
 - o Collect and contain in a sealed bag any soiled waste such as bandages, paper towels, food packing, and other general trash items.
- Laundry
 - o Gather contaminated clothing and linens before anything else in the room is cleaned. Do NOT shake the linens as this could spread the infectious particles.
 - o Transfer soiled laundry items to be laundered in an impermeable container or bag that can be disinfected afterwards. A fabric bag may be used that can be laundered along with the soiled items
 - o Wash laundry in a standard washing machine with detergent. Laundry sanitizers may be used but are not necessary
 - o When in-home laundry facilities are not available, bring the laundry in a bag, empty the bag into the washing machine without having the laundry touch any other surfaces. The bag can either be disposed of or, if cloth, washed with the laundry
- Hard Surfaces and household items
 - o Routinely clean and disinfect commonly touched surfaces and items, such as light switches, counter tops, door handles, toilet flush handles, faucets, light switches, and floors
 - o Include interior surfaces of refrigerators, freezer, other appliances, interior cabinet spaces, or drawers if they have been accessed by the person with monkeypox.
 - o Wash soiled dishes and eating utensils in a dishwasher with detergent and hot water or by hand with hot water and dish soap
- Upholstered furniture/Carpet and flooring/and other soft furnishing
 - o If the person with monkeypox had minimal contact with soft furnishings, disinfect the surface with a surface-appropriate disinfectant.
 - o If a person with monkeypox had direct skin contact and/or excessive drainage of fluids from rashes onto soft furnishings, such as upholstered furniture, carpets, rugs, and mattresses, steam cleaning can be considered. Discuss with state or local health authorities for further guidance.
- Waste disposal
 - o Any gloves, bandages, or other waste and disposable items that have been in direct contact with skin should be placed in a sealed plastic bag, then thrown away in the dedicated trash can.
 - o The person with monkeypox or other household members should use gloves when removing garbage bags and handling and disposing of trash.

For more information contact your local health provider. For additional guidance and information please visit <https://www.cdc.gov/poxvirus/monkeypox/>

Source: 2022 Monkeypox Outbreak:
CDC webpage: <https://www.cdc.gov/poxvirus/monkeypox/about>